MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
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Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Valuable Nutrition for 64¢ A Day

Volume XVIII

Americans know that eating 5 or more servings of vegetables and fruits daily plays a vital role in good health. Yet more than 75 percent of consumers are not eating nearly that number of servings.

Reality Check: Costs and Servings Are Small
People list two main reasons for not eating enough vegetables and fruits; High cost and "5 servings" sounds like too much. A closer look reveals that eating plenty of produce whether fresh, frozen or canned is actually very affordable.

First, how much is a serving? The USDA serving size is far less than the oversized servings of prepared foods we are used to seeing. For leafy green vegetables, 1 cup; cooked vegetables, 1/2 cup. For fresh fruit, 1 medium apple, pear, or other reasonably sized whole fruit; for dried fruit, 1/4 cup; and for chopped fruit or berries, 1/2 cup.

If you divide these serving sizes into the cost of what you pay for a vegetable or fruit, it doesn't come out to be that expensive, compared to the cost of chips, soda pop and other processed foods. In a price analysis, the USDA reported that it would cost **64 cents a day** to eat 3 servings of fruits and 4 servings of vegetables.

Getting your Money's Worth. Here are some money-saving tips for stocking your kitchen with affordable produce.

- Keep frozen and canned produce on hand.
- Eat a rainbow— the highest amounts of vitamins and phytochemicals is available in brightly or darkly colored produce.
- Think seasonal—When you buy fresh produce, buy only what's in season locally.
- Refrigerate produce that is most perishable in perforated plastic bags.
- Wait until just before using to wash produce.
- Stock up on longer lasting produce. Most root vegetables (including parsnips, potatoes, carrots and turnips), and citrus fruit can be kept refrigerated for 1-2 weeks. Buy canned vegetables and fruits. Legumes, beans, split peas and lentils provide protein fiber and folate in one tasty, low-cost package.

Source: American Institute for Cancer

WORD WISE

Folate

Folate is a B vitamin that plays an important role in metabolism and proper functioning of the body. Individuals who are at risk of folate deficiency include pregnant and lactating women, adolescents, and the elderly. Folate is found in green, leafy vegetables (spinach, brussels sprouts, broccoli, turnip greens, and asparagus, mushrooms, legumes, oranges, orange juice, fortified breakfast cereals and liver.)

Source: Whole Grain Council

MEXICAN VEGETABLE CASSEROLE

Ingredients:

1 1/2 c. fresh or frozen whole kernel corn	2 eggs, slightly beaten
1/2 c. chopped onion	1/2 tsp. Salt
1/2 c. chopped green pepper	1/4 tsp. black pepper
1-16 oz. can Kidney or Black Beans	1/2 c. milk
1 lg. tomato, chopped	2/3 c. cornmeal
1 c. shredded cheddar cheese	1/2 c. water

Directions:
In medium saucepan combine corn, onion, green pepper and water. Bring to boiling, reduce heat. Cover and simmer for 5 minutes or until vegetables are tender crisp. DO NOT DRAIN. Meanwhile, in a large mixing bowl combine beans, tomato, 1/2 cup cheese, cornmeal, milk, eggs, salt, and pepper. Add undrained vegetables to cornmeal mixture; mix well. Turn into a 2 quart casserole. Bake, uncovered in a 350° oven 45 to 50 minutes or until done. Top with remaining cheese and return to oven until melted and lightly browned.
Nutrition: Number of servings 8, calories 200 per serving.

Source: cooks.com

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

Food Label Laws in Effect January 2006

Effective January 1, 2006, the FDA is requiring food labels to clearly state if food products contain any ingredients that contain the eight major **allergenic foods**. Manufacturers will be required to identify in plain English the presence of ingredients that contain substances from **milk, eggs, fish**, **crustecean shellfish, tree nuts, peanuts, wheat, or soybeans** in the list of ingredients or to say "contains" followed by name of the source of the food allergen. The new labeling will be especially helpful to children who must learn to recognize the presence of substances they must avoid.

The eight major food allergens account for 90 percent of all documented food allergic reactions, and some reactions may be severe or life-threatening. Consumers will benefit from improved food labels.

The new law does not require food manufacturers or retailers to re-label or remove from grocery or supermarket shelves products that do not reflect the additional allergen labeling as long as the products were labeled before the effective date.

As a result, FDA cautions consumers that there will be a transition period of undetermined length during which it is likely that consumers will see packaged food on store shelves and in consumers' homes without the revised allergen labeling. The new law is officially called the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA).

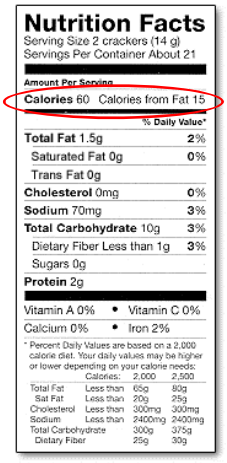
Another law regarding the food labels is about to make the label more useful. Food manufacturers have until January 2006 to comply with a new rule adding a line to the nutrition label listing trans fats, also known as trans fatty acids. If a serving equals 5 percent of daily value of a nutrient, that food can be considered low in the nutrient; 20 percent can be considered high. A food listed as low in cholesterol means it is low in dietary cholesterol, which does not necessarily mean it has no effect on blood cholesterol. Until the nutrition label lists "trans fats," look for these in ingredients listed as "shortening," "hydrogenated vegetable oil" or "partially hydrogenated vegetable oil."

Source: USDA/FDA December 2005

Check Your Label

Calories and Calories from Fat

The number of calories in a single serving of the food is listed on the left of the label. This number tells you the amount of energy in the food. People check this because it's good to limit fat intake. The calories in a food can come from fat, protein, or carbohydrates.



Nutrition Facts
Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving
Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: kidshealth.org

Food Nutrition Hotline

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. **Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment.** No fee is charged for county residents.

TIME TO PLAY

When It's Cold Outside

Brrr! It's a cold day and you're all bundled up, looking for some fun. Warm up fast and get those muscles moving by shoveling the snow off the driveway or the sidewalk. You might even offer to shovel the driveways or sidewalks for people in your neighborhood. Make some giant snow people or other snow creatures. Build an igloo or a fort, and store all your snowballs there.

If you live near an ice-skating rink or pond, strap on some skates and glide across the ice. If skiing is more your thing, put on those skis and go because both downhill and cross-country skiing are great ways to exercise. Or see the snow rushing past you from a sled, snowboard, or toboggan. It helps to have a grown-up around to keep everyone safe. Be sure to steer clear of obstacles like trees and to stay off roads and streets.

More things to do when it's cold:

- Play tag in the snow.
- Take a nature hike and look for animal footprints.
- Pull a little kid around on a sled.
- Make snow angels.

When You're Stuck at Home

Maybe you can't go out because the weather is rainy or too cold. But that doesn't mean you can't get some exercise while you're inside. Turn on your favorite music and dance. Invite your dog or cat to join in the fun. Or grab a hula hoop and make up some hula-hoop dances. If there is enough room, you can jump rope and count how many times you jump without missing.

There are basketball hoops with over-the-door hooks and basketballs made from soft foam that are meant to be played with indoors. If you have them and there is enough room, set them up and shoot some hoops. Have a tournament with everyone in the house - may the best basketball player win!

More things to do when you're stuck at home:

- Set up a scavenger hunt.
- Bat a balloon back and forth and try not to let it hit the floor.

And here's one thing **not** to do: Try not to say, "I'm bored. There's nothing to do." As you just found out, there's always something to do!

kidshealth.org

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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